

ADHD Toolbox

Grades:	6th – 12th
Day (s) of Week:	Monday
Time of Class:	1:00 pm – 2:30pm ET
Length of Class:	10 weeks
Semester:	Spring 2019
Tuition:	\$300.00

Class Dates:
Spring 2019

Week of April 1

Week of April 8

Note: Week of April 22 we are off for Easter/Passover/Spring Break

Week of April 29

Week of May 6

Week of May 13

Week of May 20

Week of May 27 (Yes, we have class on Memorial Day.... but classes ARE recorded for those who miss class)

Week of June 3

Week of June 10

Make Up Week: Week of June 17

Instructor's Name:	Penina Taylor
Instructor's Email:	peninataylor@gmail.com
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Office Hours: **By appointment**

Description of Class:

Having an ADHD brain doesn't mean there's something wrong with you, it's kind of like being left handed. Not defective, just different. The world is a right-handed world because the majority of people are right handed. Left handed people need specialized tools to function properly in a right-handed world. People with ADHD need specialized tools to function properly in a neurotypical world.

Over the 10 weeks of this course, we will walk through and create our own unique (unique to you, because you will design a system that works for you) system for functioning successfully in this NT world.

This course will be helpful for all students with ADHD, as well as ADHD affect from growing up with ADHD parent, regardless of any other medical or natural treatments being administered.

My name is Penina Taylor and I am the designer and teacher of this class. I am a motivational speaker with ADHD, who raised and homeschooled several ADHD children of my own.

I believe that ADHD is real and something that needs to be dealt with; however, I don't like the term disorder. A "disorder" in most people's minds is synonymous with "disease", but a disease is something that makes your body sick. People with ADHD aren't sick, they have a disorder. A disorder is anything that puts you outside the realm of "normal". And normal does not always mean healthy; we should never confuse the two.

Class Approach:

We will begin this class with a diagnostic test to determine the best way to describe your ADHD sub-neurotype which will guide you in understanding how your unique brain works. Each following week as we look at different tools to manage life in a NT world, I will point out which tools are better for one sub-neurotype versus another.

Goals:

To gain a better understanding of how our brain works, and to acquire the tools necessary to build our own unique system to manage our lives effectively.

Textbook:

This course is the working project for the book The ADHD Toolbox, which I am writing.

Homework Policy:

Each week the student will be asked to evaluate or implement a new skill and write a very short report on what they discovered and/or how it is working for them.

Evaluation:

The Pass/Fail grade will be based entirely on whether or not each week's assignment is completed.

Grading Scale:

To pass this class, the student will need to complete 80% of the assignments.

Anticipated Weekly Course Schedule:

Winter 2018

Week	Topic
Week 1	Getting to Know You – diagnostic
Week 2	Creating Your System
Week 3	Getting Things Done
Week 4	Divide and Conquer
Week 5	Brain Dump
Week 6	Margins
Week 7	Perfection Paralysis
Week 8	Scout's Honor
Week 9	Maintaining the Machine
Week 10	The Pleasure Prescription